

Psychology/Psychopathology

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# THE BLACK BOOK

## VOLUME II

Little can be said about the Black Book series lest it give away its intention and reduce its impact.

"No Vampire could put this book down." — Count Dracula

"This book is nothing more than a weak diatribe against the will of the people, but I use it every day." — Karl Marx

"The more error, the more freedom." — C.S. Hyatt, Ph.D.

CHRISTOPHER S. HYATT, Ph.D., was trained in experimental and clinical psychology and practiced as a psychotherapist for many years. Today he is known as the world-famous author of books on self-transformation, psychology, and Western magic; among them are *Undoing Yourself With Energized Meditation*; *Secrets of Western Tantra*; *Urban Voodoo*; *Rebels & Devils*; and *The Psychopath's Bible*.

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PUBLICATIONS

# THE BLACK BOOK

## VOLUME II



### EXTREME: The Twisted Man

Become Who You Are—There Are No Guarantees

by  
*Christopher S. Hyatt, Ph.D.*

*Illustrated by S. Jason Black & MobiusFrame*

*A Publication of the Extreme Individual Institute*

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## VOLUME II



# EXTREME

## The Twisted Man

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by  
Christopher S. Hyatt, Ph.D.

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A PUBLICATION OF  
THE EXTREME INDIVIDUAL INSTITUTE



NEW FALCON PUBLICATIONS  
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The symbol you see is that of the “Extreme Individual Institute.”

The goal of the institute is simple: to assist extreme individuals to become who they are.

This work is for that 10% of marginal people who desire to become greater than they are now. It is not a forum or discussion or argument.

The methods of the Institute are simple: “work” in the arena of the obvious as well as the sublime. However, we are only concerned with results and not moralism—what a person does with his power is his business.

Work is done individually via both personal contact and the internet, plus a yearly coming together done either in the physical or on the internet. There is a strict entrance exam and monthly payments are required for the operation of the Institute.

Christopher S. Hyatt, Ph.D.  
Head Coach

contact: [info@newfalcon.com](mailto:info@newfalcon.com)  
<http://www.newfalcon.com>

## INTRODUCTION

We are in a New Age, one that is not simply spiritual, nor material but something which is beyond both. No one has provided a sound and reliable definition of what material or spiritual means; often each term is simply defined by its opposite: if it is not matter, it is spirit, if it is not spirit it is material. This is utter nonsense and in fact misleading, stupid and dangerous.

What is beyond both matter and spirit is the brain, and more specifically the human brain and even more specifically, 10% or fewer of those human brains which are not common.

This brain, with all of its reptilian and mammalian circuitry which holds the mass of mankind in a fleshy prison, is capable of extending its own life. Just think of that, capable of extending and remaking itself.

Stem cell research, brain mapping and so many other discoveries which are beyond the scope of the present work are breaking our old world apart and many of us are jumping with joy. We are becoming as "gods."

The point of this brief summary is simple: are you going to join in or not?

You must ask yourself what are you doing to contribute to the dream of escaping gravity, increasing intelligence and defeating death and disease. How is your life contributing to your well-being? Are you Undoing Yourself? Are you learning useful and powerful information? Or are you simply nesting, digesting and congesting? These are crucial questions which you must answer for yourself. You may not even be interested and you are NOT obligated to do a thing, but if you value yourself and those you like, you might want to commit your life to yourself, increasing your knowledge and creating "things and ideas" that further your personal power and, indirectly, mine. I would include "others," but I rarely speak for "the others." So with this aside I will continue with my work, Read on.

## THE TWISTED MAN



By MobiusFrame

*We are forever turning between the almost infinite symbolizing powers of our mind and the crucible of our factual existence.*

*From the expanding bubbles of our putrid cries we build castles in the sky, hoping for salvation from our creations, but as William James said, "the skull will grin at the banquet."*

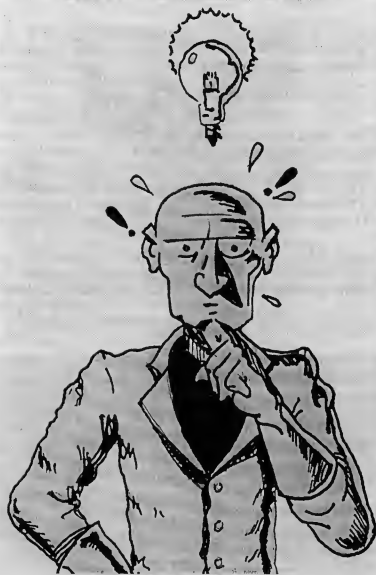
*To be stronger than life itself, to say no to the setting sun, to breathe life into life, as if tomorrow would never come.*

*— C.S. Hyatt, Ph.D.*

*Unlike Dawkins (1976) I am not interested in twisting genes to make the species conform to the Good Book. I am interested in twisting genes to foster great individuals whom by their very nature are already twisted.*

*— C.S. Hyatt, Ph.D. Bio-Individual Philosopher*

## A MAJOR DISCOVERY



By S. Jason Black

## Pain is enduring Pleasure is fleeting

What does this tell you about the Designer?

### ANOTHER MAJOR DISCOVERY

William James said,  
make the "natural seem strange."

What we take for granted, the obvious, our "natural day to day lives" is the secret to finding out who and what we are and what to do about it.

*Quiz: What is the results of a stoned aged brain  
playing with modern devices?*

*In the beginner's mind there are many possibilities.  
In the expert's mind there are few.*

— Suzuki Roshi

### Alert 1:

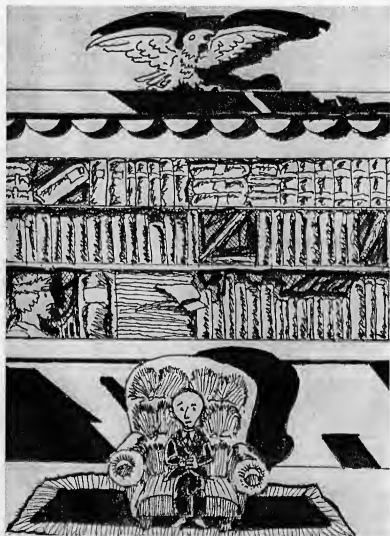
Is this a book?

Books have been considered sacred. This is utter nonsense. Books have become status symbols of intelligence. Can you judge a book by its weight?

This is absurd.

*No Vampire could put this book down.*

— Count Dracula



By S. Jason Black

## A big library is a life unlivd.

Books must follow a plan. This is death.

Books have a beginning, a middle, an end. Thus, by design, books make you more stupid.

I have set you up. You bought a book and had a list of tacit expectations.

This particular device will break your expectations and, someday, break you.

I once visited a Zen master. In his room he had a bed, a TV, and a dozen books. I asked him why so few books and a TV. He replied, "I have no need to show how stupid I am." I said "What about the TV?" He said, "It helps me to stay centered in the midst of ignorance."

## Alert 2:

What you have in your hands looks like a book, feels like a book, but you have been deceived.

This is a brain change device. — FDA Alerted!

This device is designed to hypnotize.

It induces trance

It breaks trance

It will steal your soul.

Rob you of your beliefs.

Steal your identity

Wreak havoc on your habits

Cause divorces

Turn friends into enemies

You get the point

If you were seduced into buying this device.

Demand your money back.

Note: The structure and arrangement of sentences are designed in a manner to create different rhythms and melodies. If you are an epileptic consult your physician.

## The Purpose? To Live Well

To demolish anxiety and fearfulness and all that entails,

To develop the vices of:

wisdom,  
bravery,  
temperance,  
justice.

Thereafter to bring forth those inherent gifts that are blocked from expression by debilitating emotions and thoughts.

This device is an exercise in empirical cognition, at times it will entertain you, annoy you, challenge you, insult you, and test you.

Thus, it is an experiment. Unlike most devices it is not a finished product, a closed system designed for consumption and regurgitation. Instead it is nausea, like the flu—you hope you are getting better, only to puke again and watch your fever rise.

High fever, like a good orgasm, is relief from the daily ebb and flow and, like a good orgasm, one is never enough. During the delirium of a high fever or a full orgasm the brain is temporarily free to rearrange itself. However, neither experience lasts long enough to make a permanent impact. Like many of my devices, either manufactured alone or with a colleague, this device was designed to make a deep and lasting impact for the right student. I will dilate on this assertion. There are many right students, but each resonates to a slightly different sound. If a designer manufactures for everyone, he manufactures for no one; however, I use a shotgun and not a rifle. What this means is that I include shot for many types; some will be impacted by one approach and others by a different one.

*Pay up and Show up.*  
— Popular Political slogan.

### Alert 3:

*It is not the critic who counts; not the man who points out how the strong man stumbled or where the doer of deeds could have done them better.*

*The credit belongs to the man who is actually in the arena; whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause; who, at the best, knows the triumph of high achievement; and who, at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who knew neither victory nor defeat.*

— Theodore Roosevelt  
*Rough Rider From Hell*

## Interlude—Exercise

Every time you see this symbol (##)

- STOP READING
- Observe yourself
- What did you first notice?
- Now say: There is \_\_\_\_\_?

The answer is allowed to be only one of the following.

- A Movement
- A Sensation
- A Thought
- A Feeling

Answer quickly, be objective, do not judge or interpret your observation.

# Remember This From Black Book One?

## THE FIRST AND ONLY COMMANDMENT

First and foremost seek your own welfare—your own enlightenment..... *This is it!*

Most people don't think. They simply repeat what they have been told. They substitute belief for argument and prejudice for thinking. They accept a world to come instead of living life. Accept nothing that someone tells you unless it is provable—*most people don't think—they have random thoughts and live like zombies—nesting, digesting and congesting without beauty or style.*

All assertions of infallible knowledge are false. Your own hard won knowledge is your only guide—you need no-one's permission to be stupid or smart. In fact there is no one to give you permission—this is the great horror.

The first great error is believing there is someone who can give you anything. There is no one to protect and preserve you—simply no one. And if you don't want to follow this commandment there is no one who cares.

Life is all too short when it is enjoyed; life is all too long when it is suffered. (§)

Keep in mind that what we are presenting is not for hair splitters, which means castrated academics, the weak minded and troubled moralists, who need to consult the oracle before they can make a move..... We are creating for people of action, who do not require guarantees.

**BECOME WHO YOU ARE—THERE ARE NO GUARANTEES.**

# Interlude—Exercise

In principle, what is the difference between these metapuke assertions—

Love everyone

Hate everyone

Dr. Hyatt's answer (at the moment) = 0

What does this answer mean and how did I come to it?

Hypnotize yourself that you love everyone. (*By the way, hypnosis is the same as believing.*) Then, for an entire day, have a frown on your face. Now, while you are in this "Love mode" with a frown on your face, tell someone about your "love" philosophy. What did you learn? How did people react to you?

Later in the week—for an entire day—have a smile on your face; but hold the thought that you hate everyone. When you are in the "Hate mode" with a smile on your face, tell someone about your "hate" philosophy. What did you learn? How did people react to you?

Did anyone have the guts to tell you that your actions are inconsistent with your "philosophy?"

*This book is a horrid example of the mis-use of authority.*

— Pope Joan

# Live The Extreme Life

We are in an era where mediocrity is the standard.

Striving for the electric chair.

Mediocrity is fostered in childhood, adolescence, and adulthood.

In the guise of chewy definitions and pretty pictures the cancer lurks.

Education, propaganda—the herd instinct—assure stupidity, living life in a collective trance.

Soon the man will be too old,

too weak, too dead to wake up,

soon the man will have no tomorrows to say Yes—another day, another chance.

Man is torn between his setting sun and the hope (H) it will rise again another day.

*No matter how much you search for yourself at 20 you will have to do it all over again at 40 and then at 50 and so on.*

*Therefore, why bother until it is too late?*

*It is always too late.*

— Roshi Chaos

## Secret Exercise

Don't let your mate see your answers.

Thoreau wrote: "The mass of men lead lives of quiet desperation." Make a list of all your quiet desperations. If you don't get to 33, you are dead.

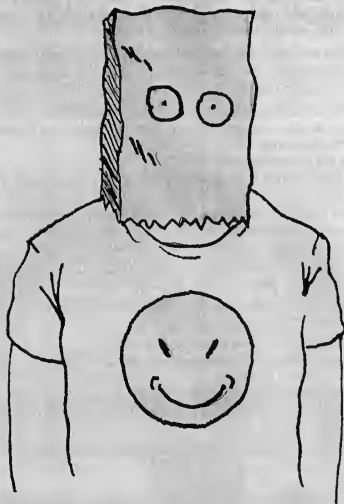
*The grass is green, the sun is warm.  
The grass is not green, the sun is not warm.*

*The well is dry.*

*All is well.*

— Roshi Chaos

## Who is Dr. Hyatt Today?(H)



By S. Jason Black

I am a bio-individual philosopher, not a social philosopher.

I have no interest in society, because society doesn't exist.  
 What *does* exist?  
 Genes and geography interacting which creates artifacts which in turn twists genes and geography.....and the process continues, constantly twisting.  
 Man is twisted between biology and asphalt.

How has our stone age brain adapted to post modern living? In the last two hundred years how much change has taken place in our hunter-gatherer brain?

As semi-conscious beings we are lived by our DNA.  
 In other words, it is as if we are both the result and conveyors of our DNA structure.  
 We do not experience this directly,  
 AND like death it is insulting to realize how automated we really are.

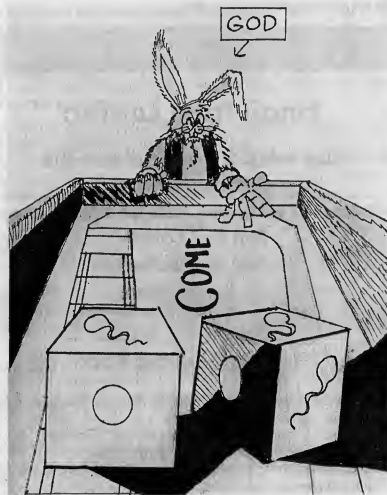
Keep in mind that what appears on the screen of consciousness has first been processed by numerous automations of our carbonized modulating brain.  
 These routines were called instincts once upon a time. And instincts are a lot more complex than anyone ever thought.

What we believe, what we say, matters little to DNA, what matters to IT is that IT continues to exist.  
 AND I do not mean the survival of the fittest.  
 What survives is what has adapted to a particular set of circumstances. Keep in mind that the brain is designed for nesting, digesting and congesting.  
 (Tell your high falutin' friends that they are being lived by their DNA.)

What has survived up to now is the largest slime pool necessary to assure the highest probability of the Over-Soul DNA.....making it through another day.  
 I for one often laugh myself silly when I see people acting as if their little lives mean anything more than carriers of DNA probabilities for the future.  
 Just ask anyone how unique they are—guess what they will tell you.....

However, our rock brain primarily concerns itself with nesting, digesting and congesting...no matter how we dress things up.

## The Tables Are Hot in Vegas



By S. Jason Black

Like any good gambler DNA places its survival bets on the most common; however, DNA is not stupid; it does cover the lower probability alternatives.

Look at a pair of dice. Most men are 6, 7, or 8s, but there are also lower odd pairs: 9s and 5s, 2s and 12s, 11s and 3s and 10s and 4s. But there are no 1s.

Why are there no number 1s? (H)

*This non-book is better than the couch and it is cheaper.*

— Dr. Sigmund Freud

## Email from Lucifer:

**Use what is available or die**

**Free your Brain**

**It has 10 million years of experience**

**Kill the Labels**

**Kill the Beliefs**

**Know Nothing**

**Jettison the Beast**

**Escape from the Rock**

We are the only species on this planet that can emancipate itself from some of the DNA programs.(H)

This program of emancipation is motivated by narcissism.

We can twist ourselves free from our Rock Brain.

We are the Frankenstein DNA monster, and the nesters are horrified by these low odd outcomes.

The transition period between other-worldly causality, metapuke, and freedom is here and now. Just watch the horror that our Rock

Age Leaders feel over the power of stem cells and other life-altering techniques.

*It hurts me to hear Dr. Hyatt call my psychology MetaPuke.*

— Dr. Carl Jung and his disciples

All of science is a threat to meta-puke, particularly when it threatens to change our "God-given nature."

Some of us will make the leap into self programmers, but the majority will remain the pawns of the babbling bush.

All major transitions are fraught with danger, both for the individual and the Over-Soul.

We are now becoming capable self transformers because DNA is not stupid—although at times it seems so.

It knows it must play the odds even if it loses some of its machine qualities and errors occur, but DNA thrives on errors, and we live in error most of the time. Just reflect on human belief systems from the beginning of histrionic time. What a mass of error, yet survived we have.....but the end is coming soon.

Common man is crapping out.

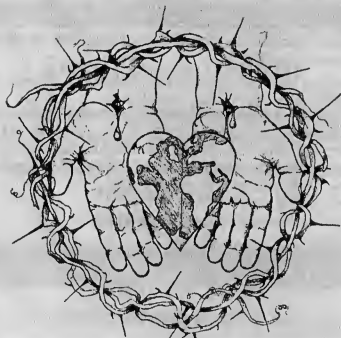
What is the probability of craps on the first roll?

*If heat rises, why is it cold in heaven?*

— Albert Einstein

## Horror Alert

**PUT EVERYTHING ON HOLD  
! ANOTHER EMAIL IS COMING !  
A MESSAGE FROM LUCIFER**



By MobiusFrame

*Communication starts here:  
Sent in CCC+ code and translated by an IBM 9000.*

Suffering, poverty, stupidity are not virtues, they are signs of disease. But this illness is normal, common, so it must remain unrecognized by those who suffer. The symbol of the crucified one as a

virtue becomes more evident. (ff) Who would want to worship such a thing?

Too many people, either through laziness, training, or more likely hard wiring, act as if their squalor is a sign of moral superiority ...

Many of them look down their noses on people who prosper, have power, and real purpose in life.....

The essence of life is to evolve, not to stay the same or devolve.

The purpose of failures is to assure psyche food.....

Nature is no fool; thus the devolutionary group is designed as a just-in-case phenomenon: just in case the more tender roots and buds (we marginal types) are destroyed by accidents.

Those of us on the leading edge, those who are marginal types, are born into this world to assure the generation of different types.

Outcasts assure diversity of genetic expression...

Mind, body and spirit are capable of acting in a dynamic and interactive fashion. This assures a highly complex twisted interplay.

Those who forgo mind or body in favor of spirit are pathological ..... and this holds true for ignoring *any* of those three aspects.

...You will find numerous people who look like hell, eat poorly, abuse their body and tell you that their goal is union with god ..... they are stupid ..... they should be shunned; those of the body who shun the mind should be treated in the same fashion ..... and equally so for those that loath the spirit of man that yearns for new and broader horizons.

The greatest joy for man is to expend himself, but if you are weak, self-righteous, stupid, unlearned, etc. .... you have nothing to expend—no wisdom, no beauty, no power.

.....The nothings of the world wish to have you join them; beauty, power, and wisdom show them up for what they are: ugly. Simply ugly in body, mind and spirit...they are nothing...and they want to destroy all who remind them of what they are: impoverished beings, the worshippers of death, disease, and decay...and their goal in life is to reduce everyone to the lowest common denominator...

You ask why has nature done this >> [words lost in transmission] why does nature bring on ice ages, floods, and numerous disasters >>>> [lost words in transmission] adaptation, to expand the process of possibilities, randomness.....every form (#) expanding... You can overcome the common in you.....by turning yourself into a piece of art.

*BECOME WHO YOU ARE—THERE ARE NO GUARANTEES.*

If you find failure in your life, then one of the three aspects is out of balance..... you have forgotten something, or overstressed something else.....

In some activities—such as in adventure—all three aspects are involved in releasing their abundance and power ..... but most things in life are not that way..... In the area of adventure we find body, mind and spirit twisting and pulsating.

If you want to live, to live fully, to expend yourself, to feel the joy of life, you must keep these thoughts in mind and refuse to allow anything or anyone to persuade you differently.

*If I had read this book I would have not been nailed  
— The Crucified One*

## Formula

0. first there is undifferentiated force—the entire universe is made of the force to expand, to grow, to fulfill one's nature, to become who you are.

1. then there is desire

2. then there is thought which directs the desire to become who you are.

3. then there is action .....

4. then there is a secret: *ignore* everything and anything which attempts to persuade you differently ...

Repeat:

Primal Force which leads to  
desire  
thought  
action  
ignoring

Keep in mind that ignoring does not mean denial. It means not dwelling on the happenstance, the common, the normal.

For example: there are those who are born crippled, but crippledness is not the essence of life and those cripples who allow their circumstance to destroy them have not applied the principles of the universal formula ..... Live to the fullest or die; and die you will anyway, so start living.

Stay away from as many failures as possible ... do not surround yourself with losing propositions ... yes, you want to know the news, but do not dwell on the news. Yes, you must eat, but do not dwell on eating; dwell on nothing but becoming who you are .....

To assure great joy: Expend yourself.

By becoming who you are, you have to give up failures, losers—in yourself and others; that is, you will have to cut the ties which bind you .....and that includes people—you will have to let many of them go ..... you can be polite, but you can't entertain them, you can't dwell on them, you can't expend time on them ..... and this includes those whose mindless lust expelled you into this world.

Remember the theme: the Force is ever expanding and manifesting itself ... in an infinite array of forms ... you are simply one experiment, but whatever you are, the Force demands its expressions or its extinction ..... so many people are just there, just a mass of trial and error, just designed as food for the planet ..... I have said that about 90% of all people are simply the maintenance factor for planetary life ..... much like dirt is necessary, so are they ..... you are to ignore them ..... you are not to try to change them ..... you are to keep your secret knowledge from them; from time to time someone will ask—be open and, if you have enough of

yourself, expend yourself, and you will find out another secret: you will become more—you will have more .....

The force of life wants nothing more than for you to become who you are—to expend yourself in the three aspects of life: mind, body, spirit ..... and. ....

[Transmission abruptly cut off.]

## The Twisted Man



By MobiusFrame

The Super-\_\_\_\_\_ does necessarily belong to any group, like the Nazis, or any race, like the Caucasians, or any religion, like the Jews, but rather to individuals who, by their nature and *self exploitation*, have fought to be—extreme.

When a number of extreme individuals join forces for their mutual development, we simply have a group of extreme individuals.

The extreme spirit fosters:

Self Determination

Self Interest(##)

Action.

The motto is:

Become who you are—there are no guarantees.

Or

Take a chance—

—break your trance—

## The World of MetaPuke



By S. Jason Black

I have labeled my form of human study, as Humanimology. However, while science and bio-philosophy are developing in leaps and bounds, the common man still lives in metapuke. "It" wants final causes, a perfect order. It is much like Plato's man who, living in the dark cave, finally sees the light of the perfect world. At first he is blinded; but then he adjusts to the brightness, leaves the cave and explores the world of light. Finally, he returns to the cave with the perfect forms in mind and then teaches the perfect forms to others. He has been blinded by the illusion that 'light' means 'good' and 'dark' means 'bad.' This is the beginning of metapuke.

Most human conversations revolve around implicit metapuke grunts about this other world. And, like Socrates, most believe that if man simply knows the good he will do the good.

The facts argue otherwise. Humans are largely (#) instinct modules with specific content-relevant routines. Simply, this means we are fleshy bio-machines consisting of complex chemical and electrical interactions.

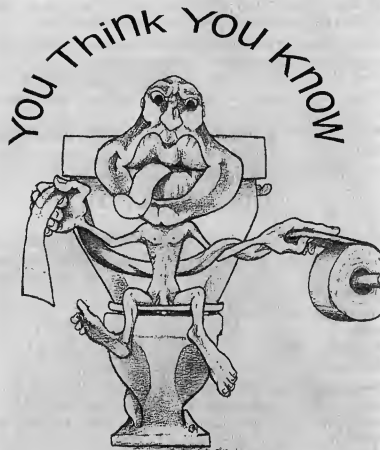
Some of us have more brain area for observing and analyzing how the other modules operate.

We collect data and ask questions, and rightfully assume little. We know that we don't know, and we don't substitute metapuke for real answers.

We live more or less comfortably in the world of unknowables. In fact, we love the search for knowledge and are insulted by metapuke. But most humans love their metapuke: it organizes and keeps their world "stable" even as they live in a mental toilet bowl. They have all kinds of labels for their metapuke—religion, politics, beliefs—and they take pride in being stupid. While this is really funny, metapukerers will kill you at the drop of a hat. They have been fighting over their metapuke since the beginning of time. So, with this in mind, I warn you again: be careful, put on a smile when you go out, shake your head yes or no, have a grunt or two and go about your business. Keep your mouth shut, go home, do your work, gather data, gather power, gather knowledge and enjoy what you love.

## Interlude—Exercise

### HOMUNCULUS



## Who You Are!

By MobiusFrame

## THE TWISTED FACE

Above is a picture of the *homunculus*.

It shows the amount of Rock Brain sensory area dedicated to a particular body part.

The face is significantly over-represented in the brain compared to its actual physical size. Is this a clue to something? Yes!

For six minutes every morning twist and stretch your face. Make faces and hold each face for a minute or two.

Do not forget to use the forehead, nose and jaw. Keep on twisting. When you are done you should feel tingling in your face, more alert and alive.

Do this exercise three times everyday—more if you are in a bad mood.

## The Lunch Pail

Before an individual can become himself, he must eliminate life's garbage. He must empty his bowels of garbage. He must take the divine enema.

And burn himself in Satan's fire.

This includes, but is not limited to:

Beliefs

Reactionary Behavior

Restrictive Self Defeating Habits and Attitudes...

Most people are diamonds with one facet.

Most people are useless and *have* Become what they are ... rigid, stupid, restrictive, opinionated, arrogant fools. They are flawed beyond repair ..... these types are simply cogs in the wheel of flaking flesh.

FLUSH PLEASE.

The goal

The end is

become who you are—

## INTERLUDE—EXERCISE

### ARE YOU NUTS?

### SATORI IN A BAG



By S. Jason Black

Buy a bag of fresh mixed nuts.

Decide which type of nut you like best.

Each time you go to eat your nuts make sure there are more of your favorites in the pick.

As time goes on there will be fewer and fewer of your favorites.

Sooner or later you will have to search harder to find the nut you want.

Allow yourself to become frantic. Make yourself believe that there still some of your favorite left.

You will no doubt continue to find a few of your favorite until one day.....and then there will be none.

No matter how hard you look there will be none.

But now, try this: go into another room, watch TV, read a book, go to the bathroom.

Then go back to your bag of nuts and look for your favorite. You still may find one. If you do, keep this ritual going.

BUT sooner or later there will be none. Just none, but maybe just one more, but NO, this time NONE.(##)

Do this exercise over and over again until you get the point.

Observe every thought, every reaction, watch your dreams and jot them down in your journal.

## € Attributes Here Are Some €'s

Excellence

Enlightenment

Effectiveness

Efficiency

Expertness

Elegance

Please add to the list.

## Who The Hell Am I? The DNA Mirrors

Body

"Mind"

Life Style

Relationships

Environment

Work

Attitude

Thoughts

Emotions

Communication Style

Walking

Hobbies

Daily Habits

Beliefs

Please Add To The List.(##)

*This book has nothing to do with Zen—Whatever—I think.*

— Unknown Zen history thief

# ZEN DOGMA: YOU ARE FREE



**Our beliefs limit  
what we can do**

No matter who you are, no matter what you have done.....  
in the end you are the only one you got.

No matter how many errors, no matter how dumb.....

in the end you are the only one you got.....

without You nothing else matters...

If you want to change you can,

but remember beating yourself up is not the way.....

for in the end you are the only one you got.....

so be nice to yourself, get off your case.

You will be dead soon.

All your self hate will not change that.

Learn to live your life.....leave yourself alone

enjoy, no matter how imperfect you think you are.....

You are all you got and no one cares as much as you do

Leave yourself alone and leave others alone with this nonsense...

no matter how many people accept you it doesn't matter.....

you must drop yourself and leave yourself alone.

Just do your work and shut up.....

If you want to change your life,

get busy and do it.....

shut up, stop the promises,

the games, the self contempt.....

the berating—

that shit just keeps you the same—it was *designed* to do that...

Stop treating yourself like shit.....

life just passes you by...and guess what...no one cares.....

because they are doing the same thing.....they are beating

themselves silly

and if you let them, they will beat you silly.....

it is a bad habit, a common habit, a bad habit.....let go of it

now!!!!!!!

*Being mean to yourself is the habit of slaves.....so just drop it...*

when you catch yourself doing it...STOP.....

replace this horror of self-contempt.....with.....something

new—nothing...yes nothing...

stop the self talk and do something

anything that is good for you...

If you have harmed someone, apologize, and make amends.....

then shut up and drop it...

learn from errors silently.....

if you harmed yourself, do the same

apologize, make amends and drop it.....(H)

## Interlude—Exercise

Look into your mirror and begin to imitate yourself. Some people can't do this, others begin to cry, others start laughing, others become uptight, and some even commit suicide. If you didn't commit suicide, what *did* happen to you?

## You can't change what you are but you can change who you believe you are

Do you remember this Zen Comic from *Undoing Yourself*? I hope (H) so but did you apply it to yourself? Did you study this at least once a week, or are you an arrogant loser?

## To Know Enlightenment, Not To Just Know Of It A Zen Statement

You must give up the thing most precious to you.

You must give up the thing which you love so dearly,  
the thing that you hold on to

— you must give it up —

— you must give it up. —

There can be no half-way measures in “finding”

ENLIGHTENMENT.

It is not hiding anywhere.

It is HERE and NOW.

You must see that you are frightened,  
that something is at STAKE all the time—  
even in your dreams—something is at stake,  
ALL THE TIME.

Everything which shocks you,  
disrupts you, disturbs you, can be your friend.  
Everything which allows you to sleep,  
to be complacent  
hinders you.

To become in Accordance with your  
TRUE POTENTIAL,

you must be in Discordance with yourself.

YOU ARE AT STAKE ALL THE TIME

AND YOU LOOK FOR FOOD WHICH FEEDS YOU

*This book is calculus at its best.*

— Sir Isaac Newton

Anything which delays your end——  
feeds you.

You digest this diet overabundant with FAT.  
You are insatiable,  
and require constant FAT to keep you going.  
You use more energy and power maintaining  
THE ILLUSION

of your insatiable dream than Living.  
You will even STRUT to death's window.



But to Know the DEATHLESS ONE —  
you—the strutter—must die.  
You must go on a diet—then  
Starve to DEATH.

You must stop finding yourself in misery  
in cranial pride,  
—and historic stupidity.  
You must stop strutting around like a  
fattened COW.

You must stop bowing down to your  
mistakes.  
You must stop your idol worshipping.  
You must surrender your misery.

*This book is nothing more than a weak diatribe against the will  
of the people, but I use it every day.*

— Karl Marx



You must stop acting surprised when(##)  
something happens to you

FOR — it is the same old thing.  
You must stop reacting to things  
as you always HAVE.

You must stop proving your story.  
You must stop extending the past  
into the present and future.

You must stop defending your stupidity,  
— YOUR SLEEP.

You must stop defending  
YOUR MISERY.

YOU MUST WAKE UP

You even forsake your health to feed this Monster.  
He drinks your blood,  
this friend of yours.

You will sacrifice anything and everything to feed him.

Everyone and everything is food for you.  
How people treat you (good-bad) is food for you.  
You are so weak yet He is so strong.  
Why do you prefer the insatiable one to HIM?

You oppose — you conform — all is food for you  
You agree — you disagree — all is food for you.  
You render opinions on this and that,  
and spout authorities to back you up  
— all is food for you.

You are surrounded by friends or you are alone —  
all is food for you.

You are naked or adorned —  
all is food for you.

*If I were alive today I would buy this book.*

— The Prophet Muhammad

SOMETHING IS **ALWAYS**  
AT STAKE  
SOMETHING IS ALWAYS ON THE  
LINE.

You strut around  
proud of the misery  
you have caused yourself.  
You will do anything to preserve the  
misery.  
You will fight,  
you will sneer,  
you will accuse,  
you will blame,  
you will steal, you will hide,  
— all to preserve fear!  
REMEMBER  
THERE IS ALWAYS  
SOMETHING  
AT STAKE.  
THAT SOMETHING IS YOU.



nothing can satiate  
millions can not  
fame can not  
love can not  
power can not  
friends can not  
ONLY ∞

**AFTER YOU HAVE IT ALL, THEN WHAT?**



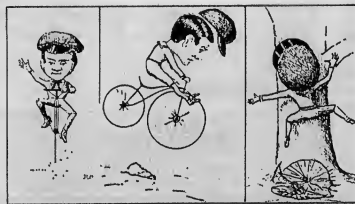
victories feed you  
your failures feed you  
your past feeds you  
your ideas feed you  
if your friends allow you to be complacent,  
accept or like you, that is food for you.  
If they hate you, that is food for you.

**WHY ARE YOU SO HUNGRY?**

Does death not even inspire your appetite?  
Do you know death?  
Or do you just have snapshots of it?  
You act like you are immune from it,  
that it just happens all around you  
— but not to you.  
Not even your own death can shudder you  
move you from your — feeding frenzy.

**WHAT FOOD IS NEXT?**

Misery is food,  
and you can find plenty of that.  
You are never at a loss for that.  
You never learn  
because MISERY is food.  
You repeat the same mistake,  
the same mistake, the same misery  
over and over.



Worst of all  
you do it with *pride*,  
with your sneer of superiority,  
WITH A SENSE OF NEWNESS,  
with a sense of uniqueness,

with a sense of choice,  
or with a sense of helplessness.

Yet, it is the same mistake,  
the same misery.

You do not even dare find a NEW MISTAKE,  
A NEW MISERY

since that might wake you up from your  
FEEDING FRENZY

## Technique

When you speak to others notice your Dead phrases, and your patterned, stylized responses. They are indications that you are sound asleep. You have something at stake each time you repeat these habitual phrases and comments.

Find the patterned, machine-like phrases which you use over and over again and hold so dearly. Count the number of times you use them in a three-day period, and then:

STOP  
STOP  
STOP  
STOP

Stay Awake  
and each time you prepare to repeat  
this DEAD TONE - - -

**STOP**



Say Stop to yourself.  
Each time this stammered crippled phrase  
rears Its Frightened head

**STOP**  
**BE SILENT.**

Then, if you truly know who and what you are,

**SAY IT SILENTLY**  
**WAKE — — UP (#)**

*The more error, the more freedom*  
— C.S. Hyatt, Ph.D.

## TEMPORARY INTERLUDE

*This will disappear in a moment*

"Could the young but realize how soon they will become bundles of habits, they would give more heed to their conduct while in the plastic state. We are spinning our own fates, good or evil, and never to be undone. Every smallest stroke of virtue or of vice leaves its never so little scar. The drunken Rip Van Winkle, in Jefferson's play, excuses himself for every fresh dereliction by saying, 'I won't count this time.' Well! he may well not count it, and a kind Heaven may not count it; but it is being counted none the less. Down among his nerve-cells and fibers the molecules are counting it, registering and storing it up to be used against him when the next temptation comes. Nothing we ever do, in strict scientific literalness, is wiped out. Of course this has its good side as well as its bad one. As we become permanent drunkards by so many separate drinks, so we become saints in the moral, and authorities and experts in the practical scientific spheres, by so many separate acts and hours of work. Let (ff) no youth have any anxiety about the upshot of his education, whatever the line of it may be. If he keeps faithfully busy each hour of the working-day, he may safely leave the final result to itself. He can with perfect certainty count on waking up some fine morning, to find himself one of the competent ones of his generation, in whatever pursuit he may have singled out."

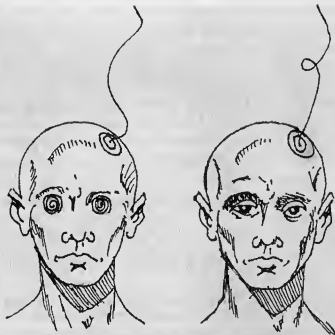
— William James, *Principles of Psychology*

## Interlude—Exercise

### METAPUKE

Open your mouth as wide as you can without causing pain. Breathe gently. Focus your eyes straight ahead and try not to blink. Stick your tongue out and down as far as you can. Keep on breathing. On each exhale make a sound that resembles throwing up. Do this each and every morning at least 10 times. Be sure not to blink.

### Fini



By S. Jason Black

Well, you are done with this device for now. Put it away for a month, take it out and do it again. Let me know how it has worked for you.

I will get Black Book III out some time around summer-fall of 2004.

Have you been doing your face exercises every day?  
DO IT NOW!

But Wait. Nick just sent in these questions and he is demanding that I answer them, so I will. OK!

## Questions and Responses

**Dr Hyatt**, you seem to show little concern for other people. Why is that?

**Response:** I do not know who other people are. I know specific individuals, some I regard highly and others I don't. Also I do not know what "concern" refers to. Is it like the body flu, some underwhelming state of mind? Does it have a metapuke value?

If you are asking if I care for specific individuals, the answer is "yes." If you are asking if I care for a metapuke abstraction such as mankind, the answer is "no answer" since that is not a question—because mankind doesn't exist.

**Dr. Hyatt**, are you an atheist?

**Response:** "irrelevant," as I do not indulge in "categories" which elicit such "questions."

**Dr. Hyatt**, I have practiced your exercises (ff) and feel that something is happening, but I don't know what to expect. What should I be looking for?

**Response:** Nothing, let things unfold. Have the courage not to know. Develop the confidence to deal with the unknown.

Having to know certain things ahead of time is a sign of a weak stomach which has been fostered by the ethos of those who wish to remain in charge.

**Dr. Hyatt**, you often say, "no response" because what was asked you was not a question. What does that mean for you?

**Response:** Most "questions" are so loaded with assumptions and metapuke that you would need a metashovel to dig down to rock bottom. Hence there is no question and thus no answer(s).

Keep in mind that most so called questions "in the objective" are personal questions regarding self worth; or are attempts to catch someone contradicting themselves ..... a great sin in Western metapuke.

**Dr. Hyatt**, I just finished reading *The Psychopath's Bible* and, while I enjoyed the book, I have some issues to take up with you, particularly your lack of concern for other people.

**Response:** You might read my answer to a similar question (above); however, frankly I don't know what you are talking about "in the objective". No doubt you have some personal issues that you have to work on. Have you been ridiculed for being selfish and self-centered? Do women consider you a wimp; do you consider yourself a wimp? Are you an attractive person or are you ugly? Enough. If you wish to be clear about your life, write to me; if not, leave me alone. I have no time for sophomoric debates over metapuke.

**Dr Hyatt**, what is an arrogant loser?

**Response:** There are losers and there are arrogant losers. Arrogant losers act as if they are owed. They are often very bright and have lots of talent, but their weak egos—easy wounded by the word no, and the failure to be immediately recognized—lead them to withdraw from life. They are often very depressed, addicted to alcohol and drugs, etc.

Often they enjoy picking on successful individuals, showing off their failed intelligence and talents. This provides them temporary relief, but soon they sink back into their failure.

There are at least two secret ways for the arrogant loser to become a winner: first, go out and get your ass kicked until you get used to it. Then develop discipline—which means do it over and over and over again.

Unfortunately, most arrogant losers either can't or won't do this; they are prima donnas: babies who carry their crib on their backs. They (H) want the world to be their mummies, but they want to dictate how mummy should care for them.

Oh, normal losers, they are running the lives of the rest of us.

**Dr Hyatt**, is metastool, the same as metapuke.

**Response:** Yes, in the sense they come from the body, but no in the sense that metapuke happens all day long, and metastool is usually a once-a-day affair—if you are regular.

**Dr Hyatt**, did you invent the word bio-philosophy?

**Response:** As far as I know, but someone could have beat me to it.

Now I have a question for the readers of Black Book 2. How many times did you miss (H)?

THE SCREEN OF CONSCIOUSNESS IS SMALL COMPARED TO OUR EVER WORKING BRAIN. WHAT THE PRIEST CALLS GOD'S REVELATIONS IS NOTHING MORE THAN OUR ELEGANT BRAIN INTRUDING INTO AWARENESS.

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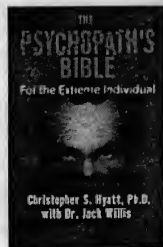
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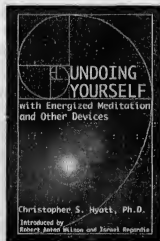
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